

Annotated Bibliography for NKA Pain Management Seminar #3

1. Atkinson, William Walker. (1908). *Practical Mental Influence: A Course of Lessons On Mental Vibrations, Psychic Influence, Personal Magnetism, Fascination, Self-Protection, etc.* Chicago, IL: The Lyal Book Concern; Reprinted in 'Practical Mental Influence and Mental Fascination - Psychic Mind Transmission Course, available from www.PsyCourse.com. Executive Summary: Another presentation of classical Mesmerism.
2. Bernheim, Hyppolyte. Herter, Christian A. (Tr.). (1964). *Hypnosis & Suggestion in Psychotherapy: The Nature and Uses of Hypnotism*. New Hyde Park, NY: University Books, Inc.; Second printing March 1965. Executive Summary: Dr. Bernheim's classic presentation of hypnosis and hypnotic phenomena as categories of suggestion. Bernheim follows the work of Braid and Charcot, but advances the science of hypnosis by focusing on the phenomena associated with suggestion. Freud wrote the original preface to his German translation of this volume in 1888. Freud translated this volume after studying with Bernheim at Nancy. This English volume has an introduction by Ernest R. Hilgard.
3. Dumont, Theron Q. (2005). *The Art and Science of Personal Magnetism: The Secrets of Mental Fascination*. Chicago, IL: Advanced Thought Publishing Company. Executive Summary: A comprehensive presentation of classical Mesmerism. Very useful to understand the historical value of Mesmer and his theories.
4. Forel, August. Armit, H. W. (Tr.). (1927). *Hypnotism or Suggestion and Psychotherapy: A Study of the Psychological, Psycho-Physiological and Therapeutic Aspects of Hypnotism*. New York: Allied Publishing Co.; Translated from the 5th German Edition; Originally published in English in 1907 by Rebman Company, NY. Executive Summary: Dr. Forel presents a comprehensive explanation of hypnosis and its therapeutic applications. Compare this volume with Bernheim's "Hypnosis and Suggestion in Psychotherapy: The Nature and Uses of Hypnotism."
5. Forel, August. Armit, H. W. (Tr.). (1927). *Hypnotism or Suggestion and Psychotherapy: A Study of the Psychological, Psycho-Physiological and Therapeutic Aspects of Hypnotism*. New York: Allied Publishing Co.; Translated from the 5th German Edition; Originally published in English in 1907 by Rebman Company, NY. Executive Summary: Dr. Forel presents a comprehensive explanation of hypnosis and its therapeutic applications. Compare this volume with Bernheim's "Hypnosis and Suggestion in Psychotherapy: The Nature and Uses of Hypnotism." Freud wrote a review of this volume in 1889.
6. Freud, Sigmund. Strachey, James (Tr.). (1881). *Hypnosis*. In James Strachey (Ed.), *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume I (1886-1899): Pre-Psycho-Analytic Publications and Unpublished Drafts (pp. 103-114)*. London, UK: The Hogarth Press and The Institute of Psycho-Analysis. Executive Summary: Freud's presentation of his view of hypnosis from a practical therapeutic standpoint. He mentions that it is difficult to hypnotize patients in general, and that the

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results are far from guaranteed even if the patient can be hypnotized. However, when there is success, it is spectacular. On page 108 ff. Freud presents his method of inducing hypnosis, which is very similar to methods in use today: Fixation of the subject's gaze on the first two fingers of the hypnotist's hand, followed in about a minute by a trance induction monologue.

7. Hammond, D. Corydon, et al. (1994). *Clinical Hypnosis and Memory: Guidelines For Clinicians and For Forensic Hypnosis*. Seattle, WA: American Society of Clinical Hypnosis Press. Executive Summary: Dr. Hammond presents the basic guidelines for using hypnosis in court. This volume is important because it sets guidelines that will help to prevent any creation of false memories during applications of forensic hypnosis. These guidelines should be employed under all applications of hypnosis to prevent the creation of false memories.
8. LeCron, Leslie M. (1964). *Self Hypnotism: The Technique and Its Use in Daily Living*. Englewood Cliffs, NJ: Prentice-Hall Inc.; Signet paperback edition printed in 1970. Executive Summary: In this volume, Dr. LeCron presents a simple method for self-hypnosis as well as several applications, including smoking cessation, weight loss, phobias, emotional difficulties, and allergies. This book is highly recommended for beginners.
9. Randall, Frank H. (1901). *Your Mesmeric Forces and How to Develop Them; Giving Full and Comprehensive Instructions On How to Mesmerise*. New York: Fowler & Wells Co., Reprinted in 1990 by Taraporevala, Bombay, India. Executive Summary: Randall's very useful presentation of classical Mesmerism.
10. Yasuo, Yuasa. Nagatomo, Shigenori and Hull, Monte S., (Trs.). (1993). *The Body, Self-Cultivation, and Ki-Energy*. Albany, NY: State University of New York Press. Executive Summary: Dr. Yuasa presents a detailed history, theory, and practice regarding Ki Energy and the body. He includes traditional eastern sources as well as contemporary western research into the phenomena of Ki Energy. He also suggests that Ki Energy could be a phenomenological alternative to empathy as an explanation of the 'binding agent' that binds humans together.